

## Trainer's Table

### Shoulder Pain

During the end of recovery portion of the swimming stroke, when the hand is entering the water, the shoulder is at its maximum "overload" position; the area of insertion of the rotator cuff is now up against the overlying acromion. If this motion is constantly repeated, as it is with swimming, the area between the rotator cuff and acromion can become painful and swollen, resulting in so-called Swimmer's shoulder. This "impingement" of the rotator cuff on the acromion (sometimes called bursitis of the shoulder) is responsible for at least 90% of the shoulder pain experienced by competitive swimmers.

Shoulder pain in swimmers is divided into four categories or

stages:  
Stage 1: Shoulder pain only after heavy workouts

Stage 2: Shoulder pain during and after workouts.

Stage 3: Shoulder pain which interferes with the swimmer's performance.

Stage 4: Shoulder pain which prevents competitive swimming.



#### Categories of Treatment for Swimmer's Shoulder -

**1. Decreasing Inflammation:** since inflammation lies at the heart of the problem, any treatment which will decrease this inflammation will help.

- a. Ice packing to the area on a regular basis, especially following activities (for 20 minutes on the hour) will help
- b. Anti-inflammatory medications, taken orally, helps decrease swelling throughout the body, including the shoulder. Aspirin, taken 2-3 tablets, 4 times per day, is the most practical medication to take. There are a large number of other anti-inflammatory medications. (Motrin, Advil, Aleve, etc.) Check with your local physician for what is recommended.
- c. Cortisone injections...while they are usually quite effective, they should be given only with caution and only by a physician.

*More to come next month...*

Dianne

## WAC PICS!

Nicole Snyder, winner of "Name the Newsletter" contest, receives her free WAC t-shirt!



Natalie Sukramani, Kindyl Boyer, Colby Jensen and Coach Kasey

Amanda Bennett and Morgan Dowling



## March Madness



March is Championship time. Good luck to all of our swimmers! Although the focus for our swimmers and coaches is to 'peak' for the championship meets, the Board continues to steadily work away at several longer-range projects. We continue to work

hard to make the bathhouse at the bubble a reality for next fall. The Board formed a subcommittee to review the Board structure and by-laws. By next Board elections and committee nominations, our goal is to more clearly define what each position involves so people will be more willing to volunteer. Many thanks to Leo Rogers who has volunteered to provide guidance to the Board on this task. Dexter Klock continues to work hard with many of the Board members on our Groove com-

munication process. Many thanks to Gloria Linderman who has volunteered to help the Treasurer with Account Receivables. While the short-course season for our swimmers and coaches is coming to an end this month, the Board continues to focus not only on this season, but on the next. Thanks to all for their continued hard work and support to make WAC such a great swim organization to belong.

Trooper Earle

## Coaches Corner

The Championship season is here with lots of fun trips. With the new State Champs (JO's) format, the staff will be making trips to Charlottesville (13 & over Champs), to Radford (12 & under Champs), and to New Jersey (the Eastern United States Sectionals) during March.

We are also working on the summer schedule with a meet in Annapolis in May as a new adventure for the kids.

Special thanks go to all the parents that helped with the high school championship.

Remember, during taper

time, eating right and sleeping right are crucial to a great end of the year meet.

Harold



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#### COMING EVENTS:

- Feb. 28- March 2— A/BB Champs @ Midtown
- March 4- Age Group/States Dinner @ Kingswood 6-7:30pm.
- March 7-9— 13 & 14 Seniors AA & Above States @ Charlottesville, VA
- March 14-16— 12 & Younger Age Group States @ Radford, VA
- March 20-23— Sectionals- GCIT @ Sewell, NJ
- March 27-29— Age Group Zones @ Sewell, NJ

## Surprise, Surprise!

### Bubble Down!



When the morning swimmers showed up on February 12th, they had a surprise. The bubble was down for the third time this winter. The blower belt in the heater unit had slipped off sometime during the night. The portable blowers were used to inflate the bubble until the belt could be replaced. Brian Johnson from Williamsburg Heating and Air Conditioning came out

and looked at the heater unit and other than the belt coming off, the heater unit appears to be functioning properly. Luckily, there was no damage to the bubble nor the equipment inside this time.

Mark Knotts

## Never Sick?!

### January's Leaders

The following swimmers were the practice attendance leaders for January —

**Level A-**  
Steven Evans 22/23 96%

**Level B-**  
Parker Field 24/24 100%

**Level C-**  
Paige Boyer 24/24 100%

**Level D-**  
Christiana Tambone 18/20 90%

**Level E-**  
Kindyl Boyer 20/20 100%

**Level F-**  
Mary Beth Colley 13/13 100%

**Level G-**  
Caroline Blommel 7/7 100%

Chad Hartman 7/7 100%

Drew Hartman 7/7 100%

Summer Johnson 7/7 100%

Megan Killilea 7/7 100%

Bridget Killilea 7/7 100%

John Oglesby 7/7 100%

Joseph Pankey 7/7 100%

Tray Pankey 7/7 100%

## We Are Champions!

### Champs Results

WAC had great meets at B/C Champs and A/BB Champs finishing 2nd out of the 12 teams in both meets. We had about 85% time improvements. We actually

won the individual side of the A/BB Champs but lost to CGBD on relays. They had 30 more swimmers in the meet than WAC did. We ended up with 10 more qualifiers for the State Senior Championship Meet; six more swimmers

qualified for the Junior State Championship Meet (12 & Unders). We gained about 50 more qualifying swims in both meets. A great job was done by all.

Harold

## Thanks for the Dinner!

### Champs Dinner a Success

Over 80 swimmers feasted on baked Ziti February 19th in preparation for the upcoming championship meets. Young and older swimmers socialized while enjoying their home cooked meal. Many thanks to all of those who helped with this event. The social committee did a wonderful job preparing. We thank all of you who sent in food for the dinner. Special thanks to those who also pitched in to help things run smoothly. All of the moms in the

kitchen would especially like to thank Mark Pittman for making several runs as "bread man." The meal would not have been a success without the helping hands of Marina Shawcross, Trish Rice, Linda Melson, Angela Tambone, Debbie Taylor, Christine Davis, Margaret Bacon, and Ethel Eaton. We would also like to thank Ethel for the wonderful championship cake. It was a big hit. Last but certainly not least, thanks, as always, to Jeff and Chris for the "after party" clean up help. (If anyone who helped serve has

been left out, please do not feel that you were not appreciated, because you were!)

\*The following item was left at the dinner. Please contact Robin McClaine to claim it: roasting pan with several hand towels lining it

Robin



## What's Your Time?

### New Classification Swims

Twenty swimmers had new time classifications in either January or February. Those times and swimmers are:

**1st "AAAA" Time-**  
Vallerie Lockwood

**1st "AAA" Time-**  
Steven Evans

**1st "AA" Time-**  
Corydon Butler  
Cameron Overy

**1st "A" Time-**  
Taylor Fisher

**1st "BB" Time-**  
K.K. Anderson  
Emma Aspell  
Allie Bacon  
Erin Bacon  
Doug Dryden  
Chris Farley  
Connor McGinty  
Lauren Sheetz  
Nicole Snyder  
Elizabeth Starbuck  
David Stefanowicz  
Josh Warren  
Jane Winthrop

**1st "B" Time-**  
Mary Beth Colley  
Kelsey Dougherty

